



Tools For Action

A sample of physical education initiatives in Wisconsin

Staff Get Fit Club

Contact Information

Main Contact Person Brett Vraney
Title of Main Contact Phy. Ed. and Health Teacher
School Name Waterford Union High School
School District Name Waterford Union
Contact Phone Number 262-534-3189
Contact Email Address bvraney@waterforduhs.k12.wi.us

Program Information

Program Name Staff Get Fit Club
Program Category Staff can lead by thier examples of wellness activites
Grade Level High School (9-12)
Assessment Method

Program Information

Products Developed or Materials Used:

Pedometers

Program Description:

Staff memebers are given pedometers and they track thier own activities in and out of school. Getting an active and fit staff serves as a great model for our students to lead active, healthy lifestyles.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgajg@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
Pesikme@dhfs.state.wi.us (Marv Pesik, Program and Grant Coordinator)